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Purpose: Acquaint the student with important physical and psychological issues of the driver. Includes vision, hearing, emotional state, and an introduction to the effects of alcohol and drugs.

Section	Issue	Learning Objective	References
02.A Physical nature of the driver	02.A.01 Physical nature, introduction and SIPDE!	02.A.01(1) In order to drive safely, you must be in good physical condition. In particular, you need to be able to see and hear well enough to detect potential hazards and handle emergency situations.	
		02.A.01(2) The five abilities required for being a safe driver are sometimes referred to as SIPDE!: (a) Search, (b) Identify, (c) Predict, (d) Decide, and (e) Execute. Safe driving cannot be accomplished if one or more of these abilities is missing. These abilities relate to a driver's perception, judgment, and motor function and are explained below.	
		02.A.01(3) What must a driver be able to search and identify? Traffic signs, signals, pedestrians, vehicles, and other potential hazards. These abilities relate to the driver's <i>perception</i> .	
		02.A.01(4) What must a driver be able to predict? What action that a potential hazard might take. This ability also relates to the driver's <i>perception</i> . For example, if you see an oncoming vehicle with its left turn signal on, can you predict that it might turn in front of you?	

Section	Issue	Learning Objective	References
	02.A.01(5)	<p>What must a driver be able to decide?</p> <p>What action to take if the potential hazard becomes an <i>actual</i> hazard. This ability relates to the driver's <i>judgment</i>.</p> <p>For example, if the vehicle with its left turn signal on does turn in front of you, can you make a safe driving decision? Should you brake or swerve to avoid the hazard?</p>	
	02.A.01(6)	<p>What must a driver be able to execute?</p> <p>The driving maneuver that is required to handle the potentially hazardous traffic situation. This ability relates to the driver's <i>motor function</i>.</p> <p>After you've decided what action to take, do you have the strength, reactions, reflexes, and the physical ability to maneuver the vehicle safely out of danger?</p>	
	02.A.01(7)	<p>If any one of these abilities is missing or deficient, you cannot be a safe driver. You will be deemed too dangerous to the motoring public and not given a license if: (a) you exhibit poor judgment in traffic situations and have difficulty taking appropriate independent action, (b) you fail to anticipate the actions of other drivers and do not react well or quickly to hazards, or (c) you appear easily distracted, can not handle simple instructions, and do not notice or respond to all road signs.</p>	

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Section	Issue	Learning Objective	References
02.A.02	Vision, role in safe driving	<p>02.A.02(1) Vision plays a key role in the steps by which you detect and avoid a hazardous situation which include (a) the transmission of a visual image to your brain, (b) the comparison of this image with learned rules and experiences, (c) a decision to take an action, and (d) the transmission through your nervous system of commands to your hands and feet to turn the steering wheel, apply brakes, accelerate or decelerate, use the horn, and so on.</p> <p>02.A.02(2) Good vision is key to being able to stop your vehicle in time to avoid an accident. Under good conditions you need 400 feet to stop at 55 mph and 210 feet to stop at 35 mph. This implies that you can't drive safely at 55 mph unless you can see at least 400 ft or 35 mph if you can't see at least 210 feet.</p>	CDH: p. 73 CDH: p. 33
02.A.03	Vision, visual acuity	<p>02.A.03(1) Central vision is used to discern detail, identify, and/or recognize what is being seen. Visual acuity is the finest detail which may be perceived.</p> <p>02.A.03(2) Visual acuity is important for reading road signs and identifying hazards.</p> <p>02.A.03(3) A person who can read 3/8-inch high letters clearly from a distance of 20 feet is considered to have normal vision and is said to have "20/20 vision."</p> <p>02.A.03(4) A person with, say, 20/40 vision must be 20 feet from the eye chart to read what a person with normal vision would be able to read at 40 feet.</p>	

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		02.A.03(5) The DMV uses Snellen wall charts (letter charts) and an optical device, the Optec 1000 vision tester, to screen driver license applicants for a best-corrected distance visual acuity of no worse than 20/40.	
02.A.04	Vision, peripheral	<p>02.A.04(1) Peripheral or side vision is the field of view that surrounds the central portion of the visual field. You can see things most clearly directly ahead while things to each side (your peripheral vision), are less distinct. If your peripheral vision is severely limited, it can seriously affect safe driving ability unless it is compensated for by increased scanning and visual search.</p> <p>02.A.04(2) Peripheral vision is used in part to detect information that may be important for safe driving. This kind of information includes road signs, appearances of hazards, and changes in the flow of traffic. When a driver notices something important, the driver moves his or her head and eyes to look at the object or event of interest.</p> <p>02.A.04(3) Peripheral vision is also used in controlling the vehicle. When a driver looks in the rear-view mirror, peripheral vision is used to monitor traffic in front of the vehicle. In keeping the vehicle centered in the lane, peripheral vision is used to monitor the lane boundaries and keep the vehicle oriented in traffic.</p> <p>02.A.04(4) Poor peripheral vision can result in (a) failing to react to a hazard coming from the left or right, (b) failing to see or obey a stop light suspended over an intersection, (c) weaving while negotiating a curve, and (d) driving too close to parked cars.</p>	

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02.A.05	Vision, peripheral, blind spots	<p>02.A.05(1) No matter how good your peripheral vision is, there will still be areas to the sides and behind your vehicle that cannot be seen. These areas are referred to as blind spots.</p> <p>02.A.05(2) Other vehicles, especially small ones such as motorcycles, are easily hidden in your blind spots.</p> <p>02.A.05(3) Using your rear view mirror will not eliminate all blind spots, so when changing lanes you need to check for vehicles in your blind spot by turning your head and looking into the lane you want to enter.</p> <p>02.A.05(4) Large vehicles such as trucks have more extensive blind spots than small vehicles.</p>	CDH: p.36, 44
02.A.06	Vision, depth perception	<p>02.A.06(1) Depth perception is your ability to correctly perceive the distances of objects in relation to your own position.</p> <p>02.A.06(2) Depth perception is important when passing, approaching a vehicle or obstruction, and in turning.</p> <p>02.A.06(3) Poor depth perception can result in (a) stopping too short of limit lines or inside intersections, (b) turning too wide or too short, (c) being unable to maintain a constant speed, or (d) being unable to follow other vehicles at a distance appropriate for driving conditions.</p>	
02.A.07	Vision, night vision	<p>02.A.07(1) Night vision refers to your ability to see well in low light levels and is necessary for being able to drive safely at night.</p>	

Section	Issue	Learning Objective	References
		02.A.07(2) The visual ability of two drivers may be about the same during daylight hours, but be markedly different at night.	
		02.A.07(3) Driving safely at night requires seeing well not only under low illumination, but also requires being able to see low contrast objects. A person wearing dark clothing and crossing the street in front of a driver is much harder to detect at night because there is much less contrast at night between the darkly-clothed pedestrian and the dark background.	
		02.A.07(4) Poor night vision while driving at night can result (a) in not being able to react to hazards in front of your vehicle in a timely manner, (b) tailgating, (c) failing to steer in the proper direction when necessary to avoid low-contrast road features such as the edges of the roadway and other irregularities in the road surface.	
02.A.08	Vision, glare resistance and recovery	02.A.08(1) Glare is intense and blinding light. For example, glare caused by the brightness of oncoming headlights can prevent a driver from seeing an approaching vehicle or pedestrian crossing the roadway.	
		02.A.08(2) Glare resistance is the extent to which a driver can still see objects and events while facing a steady source of glare such as the setting sun or the light from oncoming headlights.	
		02.A.08(3) Glare recovery is the speed with which a driver's vision returns to normal after being exposed to glare.	

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		02.A.08(4) Glare resistance and recovery are important for being able to drive safely during sunset or at night.	
		02.A.08(5) Glare resistance and recovery deteriorate with age; older drivers must drive more cautiously at night.	
		02.A.08(6) Poor glare resistance and recovery can result in a driver being blinded by a glare source and (a) missing curves in the road, (b) striking unobserved pedestrians, and (c) crashing into the rear of a slow-moving, stalled, or stopped vehicle.	
02.A.09	Vision, color blindness	02.A.09(1) Color blindness is the inability to accurately and consistently distinguish between certain colors such as those at traffic lights and on signs, and if severe, may affect your ability to drive safely.	
02.A.10	Vision, compensation for subnormal	02.A.10(1) A person can compensate for poor visual acuity by wearing glasses or contact lenses prescribed by an ophthalmologist or optometrist.	
		02.A.10(2) A person can compensate for poor depth perception by using extra caution in judging the speed and distance of oncoming vehicles and approaching objects.	
		02.A.10(3) A person can compensate for poor peripheral vision by frequently turning the head to increase his or her field of vision.	

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Section	Issue	Learning Objective	References
02.A.11	Vision, care and maintenance	02.A.10(4) A person can compensate for poor glare resistance and recovery while driving by using the sun visor, wearing sun glasses or other dark lenses during the sunset, and by avoiding looking into the headlights of oncoming cars	
		02.A.10(5) A person can compensate for color blindness while driving by learning the general shapes and patterns of signs, and relying on the position of signal lights, rather than on their color.	
		02.A.11(1) Whenever you drive, you must wear the glasses or contact lenses that have been prescribed for you or are required by a restriction on your license.	CDH: p. 33
		02.A.11(2) You should never wear dark glasses at night and you should consult a physician regarding the safety of wearing tinted contacts at night.	CDH: p. 33
		02.A.11(3) You should not wear glasses whose frames or lenses obstruct your peripheral vision.	CDH: p. 33
		02.A.11(4) Certain aspects of vision deteriorate slowly with age, sometimes so slowly that people do not notice the change. It is important to have your eyes checked every year or two by an optometrist or ophthalmologist to ensure that you are not putting yourself or others at risk while driving.	CDH: p. 73, ff.

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Section	Issue	Learning Objective	References
02.A.12	Vision, vehicle equipment	02.A.12(1) To provide good visibility, it is important to keep your windows clean, to clear away objects inside the vehicle that may obstruct your vision, and to not have anything hanging from your inside rear-view mirror (e.g., parking permits, air fresheners, etc.).	CDH: p. 32
		02.A.12(2) Putting stickers, signs, and other objects on your windows can adversely affect your vision. You may only place these things (a) on the side windows behind the driver, (b) on the windshield in the lower 7-inch square area on the passenger's side or in the lower 5-inch square area on the driver's side, and (c) on the rear window in the lower 7 inch square area on the passenger's side. Exceptions are allowed for persons with sensitivity to light to use sun-blocking devices, if they have a note from a doctor or optometrist. In addition, vehicles with both left and right outside mirrors which allow the driver to see 200 ft to the rear of the vehicle are exempt from the restrictions on the rear window. These mirrors are also required when towing a trailer, camper, or other vehicle which reduces your ability to see behind you.	CDH: p. 33; CVC: 26708, 26709
		02.A.12(3) Although tinted windows are allowed, they must meet standards as to the degree to which they are tinted and the location of the tinting.	CDH: p. 32 CVC: 26708.5
		02.A.12(4) You should adjust the mirrors on your vehicle before you begin driving. First adjust the seat so that you have good visibility and are comfortable looking ahead, using a seat cushion if necessary, and then adjust your mirrors.	CDH: p. 33

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		02.A.12(5) It is illegal to drive a motor vehicle equipped with a television or similar device that is visible by the driver while operating the motor vehicle.	CVC: 27602
		02.A.12(6) You are required to keep your windshield wipers in good operating condition and use them whenever necessary to ensure clear vision through the windshield including during conditions of fog, snow, or rain. (Other vehicle equipment required to ensure good vision are discussed in detail in Unit 6).	CVC: 26706; 26707
02.A.13	Hearing (auditory acuity), role in safe driving	02.A.13(1) Hearing is more important for safe driving than many people realize. Your hearing can warn you of danger such as the presence of vehicles in your blind spots, it allows you to respond to someone honking their horn, emergency vehicle sirens, and bells at railroad crossings, and can alert you to impending engine or other mechanical failure.	CDH: p. 74
		02.A.13(2) A hearing impairment (partial deafness) is the inability to hear low to medium (softer) decibel sounds, or sounds of certain frequencies.	
		02.A.13(3) Deafness is the inability to hear even the loudest of sounds.	
02.A.14	Hearing, compensating for hearing difficulties	02.A.14(1) A person can compensate for a hearing impairment and improve his or her ability to drive safely by seeing a doctor and having a hearing aid prescribed to amplify sounds.	CDH: p. 74

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		02.A.14(2) A person with a hearing impairment or total deafness can also compensate by learning to rely more on vision, such as increasing the degree to which they visually scan their environment.	
		02.A.14(3) Auditory acuity deteriorates with age. It is important to have your hearing checked periodically by a doctor because often changes in hearing occur so slowly that people do not notice them.	
02.A.15	Hearing, behavioral issues	02.A.15(1) To hear properly while driving a vehicle you should (a) keep the volume of your vehicle's audio system low, and (b) keep at least one window open so you can better hear outside noises	CDH: p. 74
		02.A.15(2) Except for drivers of certain types of special equipment and law enforcement, a person must not wear a headset or earplugs that cover both ears while driving.	CDH: p. 29
02.A.16	Physical conditions, fatigue	02.A.16(1) When you are tired, you are less alert. The body naturally wants to sleep at night and most drivers are less alert at night, especially after midnight. You may not see hazards early enough, or react as quickly. Therefore, you increase your chances of being in a collision if you are tired or fatigued.	CDH: p. 74
		02.A.16(2) If you are tired, the only safe cure is to get off the road and get some sleep. If you don't, you risk your life and the lives of others.	

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		02.A.16(3) To keep from getting tired on a long trip: (a) get a lot of rest before you start, (b) don't take any drugs that may make you drowsy, even the night before you start your trip, (c) don't drive long hours, (d) set a common sense limit of 300 to 400 miles a day, (e) try not to drive late at night, (f) take regular rest stops, even if you are not tired, (g) have another person drive every hour or so, (h) stop for coffee or a soft drink every 100 miles or every 2 hours, (i) continually shift your eyes from one part of the road to another, (j) chew gum or listening to the radio, and (k) roll your window down to get some fresh air.	
		02.A.16(4) If you are tired all the time and fall asleep often during the day, you should have a physician check to see if you have a sleep disorder such as narcolepsy (chronic, recurrent attacks of drowsiness and sleep).	
02.A.17	Physical conditions, illness	02.A.17(1) Illness can impair your ability to transmit visual and auditory information to the brain, impair the ability of the brain to act on it, impair your ability to rapidly take corrective action, such as changing the direction and speed of your vehicle, and can cause you to fall asleep at the wheel.	
		02.A.17(2) Certain prescription and over-the-counter medications taken for illness, even common cold medications, can cause you to become drowsy while driving. (See Unit 10 for more detail on this topic).	

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02.A.18	Physical conditions, deformities	02.A.18(1) Deformities and loss of limbs can prevent you from driving safely. There are prosthetic appliances and special controls for vehicles which allow persons with a disability to drive as safely as any other person.	
02.A.19	Physical conditions, steadiness	02.A.19(1) Being unable to keep your muscles steady, which can be caused by Parkinson's Disease, a stroke, or as a part of the normal aging process, can prevent you from safely stopping and maneuvering a vehicle, particularly in emergency situations.	
02.A.20	Physical conditions, muscular strength	02.A.20(1) Having inadequate muscular strength, such as is caused by Cystic Fibrosis or the normal aging process, can prevent you from being able to adequately maneuver road curves and turns, affecting your ability to drive safely.	
02.A.21	Physical conditions, refusal of license	02.A.21(1) Depending on severity, certain physical and mental conditions may prevent you from obtaining a driver license. These conditions include (a) cerebral palsy, (b) epilepsy, (c) the inability of the heart and vascular system to supply adequate blood to muscles and organs, (d) paralysis, (e) mental incapacity, (f) dementia, (g) lapses of consciousness, (f) a number of different vision conditions, and (g) any other condition reported by a physician when he or she believes you cannot drive safely due to the condition. However, if you can compensate for a physical condition, usually by demonstrating safe driving ability during a driving test, a driver license can be issued.	CDH: p. 75 CVC: 12804.9(a)(3)

Section	Issue	Learning Objective	References
02.A.22	Carbon monoxide poisoning	<p>02.A.22(1) Carbon monoxide is an odorless gas produced by gasoline-powered engines. Therefore, you will not be able to know if you are breathing it. If you breathe too much carbon monoxide, you will become carbon monoxide poisoned.</p> <p>02.A.22(2) If you have carbon monoxide poisoning, your ability to see, hear, and think will be severely diminished, which can cause you to have an accident. If you become severely poisoned from continued ingestion of carbon monoxide, you will die.</p> <p>02.A.22(3) Carbon monoxide can be brought into the car by leaks in the exhaust system or through an open window or ventilating system.</p> <p>02.A.22(4) Do not run your vehicle's engine in an enclosed space, such as a garage, without properly ventilating the area. Have your exhaust system periodically checked for leaks to prevent yourself from becoming carbon monoxide poisoned.</p>	
02.A.23	Physical conditions, age	<p>02.A.23(1) Vision, hearing, and reaction time deteriorate as a natural part of the aging process. To compensate for these losses, older drivers often drive more slowly and cautiously, and may avoid driving at certain times, and in certain traffic situations, such as on busy streets, freeways, or at night.</p>	

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		02.A.23(2) It is important to recognize that many older drivers use these compensation mechanisms because they have to. Be understanding of the needs of older drivers; do not cut them off, become angry, or otherwise try to "get back" at them for their driving behavior. Remember that everyone is entitled to share the road; be courteous to others.	
02.B Psychological nature of the driver	02.B.01 Psychological nature, introduction	<p>02.B.01(1) Having the physical ability to operate a motor vehicle is really only half the picture. Being in the right psychological state--that is, having the right attitudes, traits, and motivation--is also essential to driving safely, being courteous, and avoiding accidents and traffic citations.</p> <p>02.B.01(2) Drivers 15 to 19 have very high traffic accident, injury, and conviction rates.</p> <p>02.B.01(3) Drivers under 18 are 2.5 times more likely to have a fatal accident than the average driver.</p> <p>02.B.01(4) Nearly half of drivers who start driving before they are 20 are convicted of a traffic violation within the first year of driving.</p> <p>02.B.01(5) Teenage drivers have total accident rates which are twice that of adults.</p> <p>02.B.01(6) Traffic accidents are the leading cause of death for teenagers.</p>	<p>CDH: 71</p> <p>CDH: 71</p> <p>CDH: 70</p> <p>CDH: 70</p> <p>CDH: 71</p>

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		02.B.01(7) Young drivers' over-involvement in traffic accidents stems from lack of driving experience, exposure to accident risk, alcohol/drug consumption, perceptual abilities, inexperience identifying and handling hazardous situations, personality structure, internal and external influences, poor judgment, excessive speed, and attitudinal factors such as risk-taking propensity.	
02.B.02	Attitudes essential to good driving, introduction	02.B.02(1) The attitudes essential to good driving are courtesy, consideration for others, alertness, using good judgment, acting responsibly, and foresight.	
02.B.03	Attitudes, readiness and motivation	02.B.03(1) Being ready to drive involves more than just checking your vehicle equipment and having a license. You have to be mentally prepared for different traffic conditions and have gained all the necessary knowledge, skills, and abilities through practice and training courses. To drive safely you have to have readiness, which is to be completely focused on the task at hand.	
		02.B.03(2) You have to be motivated to learn and apply safe driving attitudes. You need to first be motivated to learn how to be a safe driver in driver education and training, and then be motivated to apply what you have learned to actual driving situations. Not all drivers will drive as safely as you do; you have to be motivated to have a safe driving attitude, regardless of other drivers' behavior towards you.	

Section	Issue	Learning Objective	References
02.B.04	Attitudes, analysis of habit patterns	<p>02.B.04(1) Young drivers are more willing to take risks compared to other drivers; they are more likely to perceive hazardous situations as being less dangerous than they actually are.</p> <p>02.B.04(2) Although drivers under age 25 have the fastest simple reaction times, they respond to traffic hazards more slowly than do mid-age drivers, suggesting that they frequently fail to recognize situations as being potentially hazardous.</p> <p>02.B.04(3) Young drivers overestimate their capabilities; drivers ages 18 to 24 perceive themselves as being less likely than other drivers their age to be involved in an accident.</p> <p>02.B.04(4) Young drivers rate certain traffic situations as less risky than do mid-age and older drivers, especially situations involving darkness, graded or curved roadways, intersections, and rural environments.</p> <p>02.B.04(5) Teens tend to underestimate the danger in high-risk situations and to overestimate the danger in low- to medium-risk driving situations.</p>	

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		02.B.04(6) The above facts demonstrate that teens do not do a good job of judging their skill level or the dangerousness of driving situations. It is important that you and the people who teach you how to drive analyze and identify the problem attitudes and behaviors you exhibit while driving. For example, do you tend to visually-search less often after you have been driving for a while than when you begin driving? You should constantly monitor yourself while you are driving to identify poor driving habits and attitudes.	
02.B.05	Attitudes, establishment of habits through practice	02.B.05(1) Once you identify a poor driving habit or attitude, you should substitute the appropriate behavior or point of view. You must continuously practice that appropriate behavior or point of view until it becomes automatic. For example, if you recognize that you start to slack in your visual-scanning over time, you should remind yourself to do so continually during your driving, until it becomes something you automatically do all the time.	
		02.B.05(2) You need to repeatedly practice correct responses to hazards while learning how to drive. Remember that only training and practice can overcome poor driving habits and attitudes.	

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02.B.06	Attitudes, maintenance through performance	<p>02.B.06(1) Established good driving habits and attitudes can slowly deteriorate over time (drift). In other words, just because you have good driving habits and attitudes now does not mean you will have them in the future. You need to continue to check yourself while driving, even after you have your license, to identify and correct areas where your habits and attitudes have slipped.</p> <p>02.B.06(2) Remember to practice doing the correct behavior and having the correct attitude. Only through continued analysis and application of appropriate habits and attitudes can you effectively maintain your good driving habits in the future.</p>	
02.B.07	Psychological causes of driving behavior, introduction	02.B.07(1) There are a number of characteristics that can affect your psychological ability to focus on the driving task, and react safely and courteously. These characteristics include (a) emotional tension, (b) environmental conditions (both inside and outside your vehicle), (c) heredity of behaviors, (d) physical conditions of your body, and (e) the amount of training and practice you've had.	CDH: p. 75
02.B.08	Psychological causes, emotional distress	02.B.08(1) Your emotional state influences your ability to concentrate, stay alert, be courteous, think clearly and rapidly, contain anger and aggressiveness, and control tendencies to "show off."	

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		02.B.08(2) Safe driving requires all your concentration. If you are preoccupied with your emotions, you will not be able to focus on the task of driving safely. Therefore, you should not drive if you are under severe tension, emotionally distressed (e.g., depressed, angry or upset), or otherwise preoccupied with your emotions, thoughts or personal problems.	
		02.B.08(3) Being late to work or to an appointment can also cause you to become stressed, and hence drive unsafely. Being late for an event is not an excuse to drive poorly. The few minutes you may make up by weaving in and out of traffic or by speeding are unlikely to make a difference anyway. The best thing to do is just accept the fact that you are going to be late, and plan better next time to avoid finding yourself in the same situation.	
02.B.09	Psychological causes, environmental conditions	02.B.09(1) Conditions of the environment both inside and outside your vehicle can also affect your ability to concentrate, be courteous, and drive safely.	
		02.B.09(2) Conditions outside of your vehicle, such as heavy traffic, bad weather, and road work can cause you to become stressed, especially if you are in a hurry. There is usually very little that you can do to alleviate the situation. If you find yourself in this situation and notice that you are becoming stressed, get off the road and make a phone call to inform someone that you are going to be late.	

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	02.B.09(3)	Become familiar with routes you are going to drive and the traffic conditions on the route at different times of the day. In the future, allow extra time when driving that route, or try another one instead.	
	02.B.09(4)	Chronic traffic congestion is the California commuter's biggest headache, but even small changes in driving habits could provide relief of traffic congestion. Avoid doing the following: (a) rubbernecking (slowing down to look at accidents or other situations), (b) tailgating (following too closely), (c) unnecessary lane changes (weaving in and out of traffic lanes), and (d) inattention (e.g., eating, grooming, talking on a cellular phone, reading, etc.).	CDH: p. 52
	02.B.09(5)	If another driver does something to make you angry, take a few deep breaths and do not react aggressively. Remember that people just sometimes make mistakes (including you) and forget about it. (See "road rage," below.)	
	02.B.09(6)	Conditions inside of your vehicle, such as distracting passengers, loud music, and doing other things while driving can also cause you to drive unsafely. Driving is a complex task that requires your full attention. (see "inattentiveness," below).	

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02.B.10	Psychological causes, genetic/rearing	<p>02.B.10(1) If you have a parent who tends to drive aggressively or be inattentive while driving, you should take steps to make sure that you do not pick up or express his or her poor driving habits. Some characteristics are passed genetically or through modeling others' behavior, and only proper training and practice can overcome poor traits that are passed-on from your parents.</p> <p>02.B.10(2) Family (and friends) may not necessarily be good drivers; avoid using them as role models if they do not practice safe driving habits.</p>	
02.B.11	Psychological causes, physical conditions	02.B.11(1) Illnesses or injuries can negatively affect your ability to concentrate on safe driving. Be aware of the effects of the medications you take for illness or injuries before you get behind the wheel; you will be held responsible for their effects on your driving. (This topic is covered in detail in Unit 10).	
02.B.12	Psychological causes, training	02.B.12(1) Proper training through driver education and training and through practice on the road will make you more comfortable with driving. When you first begin, you will likely be nervous about your ability level. As good driving behaviors and attitudes become automatic through practice, you will be better able to enjoy driving. When you see others who are just learning how to drive, be courteous and remember how nervous you were the first time you got behind the wheel.	

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Section	Issue	Learning Objective	References
02.B.13	Undesirable traits for a driver, introduction	02.B.13(1) There are a number of traits which are dangerous while driving, and they include aggressiveness, egotism, emotional instability, inattentiveness, exhibition, and irresponsibility.	
02.B.14	Undesirable traits, aggressiveness, (road rage)	02.B.14(1) Aggressive driving is often referred to as "road rage." Road rage happens when one driver reacts negatively to another driver. Angry drivers may lash out at other drivers, including you. 02.B.14(2) Road rage is characterized by a drivers using their vehicle in an angry and aggressive manner such as: (a) deliberate sudden braking, (b) pulling close to another car, (c) tailgating, (d) attempting to coerce another driver to pull over to settle a dispute, (e) cutting off other drivers, (f) speeding up when someone attempts to pass, (g) honking the horn or flashing headlights, and (h) yelling or making obscene gestures. 02.B.14(3) Anger and driving don't mix. Behind the wheel is no place for aggression. But more and more people are letting their emotions get the best of them. One recent report states that during the first six years of the 1990's, over 10,000 incidents of road rage were reported. People zigzagging in and out of traffic, someone cutting someone else off, and tailgating for long distances can lead to collisions, disputes, and even death. Impatience is one of the prime causes leading to risk-taking, discourteous driving and disputes. Being more patient behind the wheel will go a long way to keeping you out of the reach of road rage.	CDH: p. 52

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Section	Issue	Learning Objective	References
	02.B.14(4)	You can avoid situations leading to road rage by (a) not cutting off other drivers, (b) not driving slowly in the left (fast) lane, (c) not tailgating, (d) not making obscene gestures or otherwise reacting to the mistakes of other drivers, (e) limiting the use of your horn to emergency situations, (f) letting other drivers pass when they want to (don't block the passing lane, either), (g) obeying the rules of the road, (h) turning off your turn signal after a turn or lane change, (i) merging into traffic at an appropriate speed, (j) yielding the right of way, (k) not taking up more than one parking space, (l) not letting your car door hit the vehicle in the space next to you in a parking lot, (m) avoiding unnecessary use of your high beam headlights, (n) keeping your music turned down, (o) allowing plenty of time for every trip you take, and (p) and remembering to be courteous.	CDH: p. 52-53
	02.B.14(5)	If you find yourself in a situation with an aggressive driver, avoid making eye contact. To some people, eye contact is the same as a challenge. If someone is determined to act out his or her frustrations, even a friendly smile can be misinterpreted. Give the angry driver plenty of space. If you make a driving error (even accidentally), it is possible the other driver may try to pick a fight with you. Put as much distance between your vehicle and the other car as you can, even by changing routes, if necessary.	CDH: p. 52

Section	Issue	Learning Objective	References
		02.B.14(6) Do not be aggressive towards other drivers when you are on the road. Be patient when other drivers make mistakes and avoid getting frustrated by giving yourself extra time to get to your destination and being aware of road conditions so that you can take an alternate route.	
		02.B.14(7) If you think you are being followed, don't drive home. You would only be telling your follower where you live. You should: (a) stay calm -- as long as you think clearly, you'll be in control of the situation, (b) flash your lights and sound your horn long enough to attract attention to you, and consequently the person following you, (c) drive to a safe spot such as a police station and sound your horn and flash your lights, (d) not leave this safe location until you're sure your follower is gone.	
02.B.15	Undesirable traits, egotism	02.B.15(1) Egotism is the same thing as being self-centered. People who are egotistical feel like they own the road and do not consider the rights of other drivers. The heart of egotism is disrespect for other drivers on the road.	
		02.B.15(2) Drivers who are egotistic tend to engage in speeding, risk taking, unsafe rapid starts, and aggressive behavior. Egotistical drivers do not make room for merging vehicles, do not yield the right-of-way, do not let other drivers pass, follow emergency vehicles too closely or fail to yield to them, and cut off other drivers by merging at too slow or too fast of a speed.	

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Section	Issue	Learning Objective	References
		02.B.15(3) Remember that the road is shared by all drivers. Be aware of and courteous to other drivers, and they will be more likely to be courteous to you.	
02.B.16	Undesirable traits, emotional instability	02.B.16(1) Being angry or upset while driving can result in inattentiveness, aggressive behavior, poor judgment, and poor vehicle control.	CDH: p. 75
		02.B.16(2) If you are angry or upset, do not drive your vehicle. You will not be able to give safe driving the full attention that it requires. Make sure to calm down before you get behind the wheel.	
02.B.17	Undesirable traits, inattentiveness	02.B.17(1) For your safety and the safety of others, you should give driving your full attention. If you are distracted by psychological or situational factors, even for just a split second, you will not be able to react to hazards as quickly and it could result in a serious accident.	CDH: p. 74
		02.B.17(2) Distractions that can lead to accidents include: (a) boisterous or inappropriate behavior by your passengers, (b) peer pressure to drive too fast or otherwise show off, (c) the radio, tape/CD players, pagers, and cell phones, (d) animals in the car, (e) small children in the car, (f) grooming while driving, (g) reading while driving, (f) emotional instability, and (g) thinking about something other than driving while behind the wheel.	CDH: p. 74

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Section	Issue	Learning Objective	References
		02.B.17(3) Remember that no one but you is responsible for your driving behavior. Reduce the distractions in your driving environment whenever possible. When you are driving, make sure that the only thing on your mind is driving safely.	
02.B.18	Undesirable traits, inattentiveness, other drivers and pedestrians	02.B.18(1) You should leave an extra cushion of space around your vehicle for persons who are likely to be distracted. Some examples include (a) delivery persons, (b) construction workers, (c) drivers talking on cellular phones, to passengers, or to children, (d) tourists (particularly at complicated intersections), (e) drivers who slow for what seems to be no apparent reason, (f) drivers looking for a house number, (g) drivers or pedestrians who appear to be intoxicated, and (h) drivers looking at maps.	CDH: p. 39
02.B.19	Undesirable traits, inattentiveness, cellular phones	02.B.19(1) Cellular telephones are everywhere. In an emergency they can be a lifesaver. In non-emergency situations they can be a great tool if you use the cellular phone in a safe and responsible manner. 02.B.19(2) Research has shown that drivers are at a much higher risk for being in an accident within a few minutes of using a cellular phone. Surprisingly, it appears that it is the emotional impact of the phone conversation, not the act of talking per se, that results in increased accident risk.	CDH: p. 53

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Section	Issue	Learning Objective	References
		02.B.19(3) The safe use of cellular phones in vehicles includes (a) pulling over to the side of the road to use the phone, (b) knowing how to use your phone's speed dial and redial functions, (c) using a hands-free devices and so you are able to keep both hands on the steering wheel, (d) keeping the phone within easy reach, (e) not using the phone during hazardous conditions (e.g., heavy traffic or bad weather), (f) letting the person to whom you are talking know you are in a car so you can terminate the conversation quickly, (g) paying attention to the road while talking, (h) placing calls when you are not moving, (i) if you must dial while driving, only dialing a few numbers at a time and checking traffic, (j) avoiding stressful, emotional, or distracting conversations, and (k) getting voicemail so you don't have to answer the phone while driving.	CDH: p. 53
		02.B.19(4) In emergency situations, you can use your phone to call for help; 911 is a free call on your cellular phone. However, for non-emergency situations (e.g., break downs, broken traffic signals) call roadside assistance or another non-emergency number.	CDH: p. 53
02.B.20	Undesirable traits, exhibition	02.B.20(1) Most evidence suggests that the number one factor in young drivers' over-involvement in accidents is risk-taking. Young drivers often "show off" to impress their friends or others, which can lead to serious injury and death.	

Section	Issue	Learning Objective	References
		02.B.20(2) Exhibition on the road by speeding, weaving your vehicle back and forth, starting out from a signal too fast, peeling out, street racing other drivers, passing dangerously, playing "chicken," and failing to obey signals and the rules-of-the-road needlessly causes accidents.	
		02.B.20(3) Driving is a serious responsibility that requires mature behavior. If you can't drive like an adult, stay off the road.	
02.B.21	Undesirable traits, irresponsibility	02.B.21(1) As a driver, you must take responsibility for your actions, the actions of your passengers, and for the safe mechanical condition of your vehicle.	
		02.B.21(2) Teens who engage in higher-risk activities outside the driving situation tend to have higher traffic accident involvement, whether they are driving or riding as a passenger, suggesting that risky driving may be part of a more general syndrome of risk-taking behavior.	
		02.B.21(3) Safe driving requires (a) courtesy to others, (b) an understanding of the laws and rules of the road, (c) the ability to rapidly apply good judgment to situations, (d) the ability to recognize situations that could rapidly develop into hazards, and (e) the ability to take responsibility for your own actions.	
		02.B.21(4) Your life, and the lives of your passengers are in your hands while you are driving. If you act irresponsibly, such as by drinking and driving, you are putting more than just your own life at risk. Think before you act or get behind the wheel.	

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Section	Issue	Learning Objective	References
02.C Drugs and alcohol, in brief	02.C.01 Drugs and alcohol, introduction	02.C.01(1) Using alcohol, illegal drugs, and medications can affect both the physical and psychological skills and abilities that are necessary for safe driving.	
	02.C.02 Alcohol, effects of	02.C.02(1) Alcohol impairs your (a) vision, (b) judgment, (c) and reaction time, and can result in driving unsafely. (This topic is covered in detail in Unit 10.)	CDH: p. 66
		02.C.02(2) Young drivers below the legal BAC limit are less likely than drivers in older age groups to drink and drive. However, those who do drink and drive are at a much higher risk of serious accidents than are older drivers with the same alcohol content in their blood.	
		02.C.02(3) Young drivers are over-involved in alcohol-related fatalities, in part because they are over-represented among those who drive at night when alcohol-caused accidents are more likely to occur.	
		02.C.02(4) Young drivers are more likely to show alcohol impairment at relatively low BAC (blood alcohol concentration) levels than are older drivers.	
		02.C.02(5) You can be arrested for driving under the influence if alcohol causes you to drive unsafely, or if you are above the legal BAC limit for your age group.	CDH: p. 66

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Section	Issue	Learning Objective	References
02.C.03	Drugs (illegal), effects of	02.C.03(1) Marijuana (i.e., pot), narcotics (e.g., heroin), stimulants (e.g., methamphetamine, crank, meth, crack, cocaine, and pep pills), and hallucinogens (LSD, shrooms, psilocybin, mescaline, PCP, peyote, ecstasy, X, GBH) adversely affect (a) vision, (b) judgment, (c) and reaction time. (This topic is covered in detail in Unit 10).	CDH: p. 67
		02.C.03(2) You should not drive a motor vehicle if you are under the influence of any drug, legal or illegal, if it limits your ability to drive safely.	CDH: p. 67
		02.C.03(3) You can be arrested for driving under the influence of a controlled substance if you use illegal drugs and drive.	CDH: p. 67
02.C.04	Medications, over-the-counter medicines, effects of	02.C.04(1) Over-the-counter medicines, particularly those used for colds, flu, hay fever, allergies, or to calm nerves can make you drowsy and can also impair your (a) vision, (b) judgment, and (c) and reaction time. (This topic is covered in detail in Unit 10.)	CDH: p. 67
		02.C.04(2) Check the warnings on the label before taking an over-the-counter medication and driving.	CDH: p. 67
		02.C.04(3) You can be arrested for driving under the influence of over-the-counter medications if they cause you to drive unsafely.	CDH: p. 67
02.C.05	Medications, prescriptions	02.C.05(1) Many prescription medications can adversely affect your (a) vision, (b) judgment, and (c) and reaction time. (This topic is covered in detail in Unit 10.)	CDH: p. 67

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Section	Issue	Learning Objective	References
		02.C.05(2) Just because a doctor prescribes a drug does not mean that it is safe to take while driving.	CDH: p. 67
		02.C.05(3) You are ultimately responsible for knowing the effects on your driving of all prescription and over-the-counter medications you take. It is your responsibility to read the warning label and talk to your pharmacist or doctor before taking a prescription drug and driving.	CDH: p. 67
		02.C.05(4) You can be arrested for driving under the influence of a controlled substance if a prescription drug causes you to drive unsafely.	CDH: p. 67
02.C.06	Drugs and alcohol, synergistic effects	02.C.06(1) Mixing alcohol and drugs or drugs with each other (including over-the-counter drugs) can impair your (a) vision, (b) judgment, and (c) reaction time far more than you would expect from the same amounts of alcohol or drugs taken individually. (This topic is covered in detail in Unit 10.)	CDH: p. 67